

# DANCING IS GOOD FOR YOU

Read the text below & use the words in capitals to form a word that fits in the gap in the same line.

Since the dawn of civilization, dance has been an important part of life, and dance (0) historians struggle to identify the first evidence of dance HISTORY  
as it has always been an intrinsic part of human (1) \_\_\_\_\_ BEHAVE

The earliest recorded dances, discovered in the 9,000-year-old Bhimbetka rock paintings in India, were used to tell stories and celebrate  
(2) \_\_\_\_\_ events, whilst also serving as a way of passing on SIGNIFY  
information to future generations.

But why has dance, something which can make someone look utterly  
(3) \_\_\_\_\_ if done wrong, always seemed to be natural to RIDICULE  
our DNA? Experts argue that its psychological and physiological benefits  
are the cause. (4) \_\_\_\_\_ studies have discovered that dancing is not NUMBER  
only an (5) \_\_\_\_\_ form of non-verbal communication, but it is EFFECT  
also a mood-boosting cure that can alleviate (6) \_\_\_\_\_ improve DEPRESS  
interpersonal (7) \_\_\_\_\_ and cure illnesses. Physically, RELATION  
dancing makes us happy because, as with any repetitive exercise, it  
releases endorphins. Also it's a socializing event, (8) \_\_\_\_\_ ABLE  
us to be physically close to people and more emotionally connected to  
them.

